



Leon County Senior Outreach

August / September 2015

Bradfordville ♦ Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road
Bradfordville Lunch and Learn: Wed, Aug 12 & Sept 9, 10:30 am – 12:30 pm. \$6 per person

Bradfordville ♦ *Temporary location:* Bannerman Crossing, 6668 Thomasville Road, Unit 14

Please note: For the Bradfordville fitness classes, class sizes are limited. Before attending your first class, please call the instructor (510-2801) to check availability.

Senior Fitness Beginners: Tue & Thu, 10:30 – 11:15 am. \$2 per class

Senior Fitness Intermediate: Tue & Thu, 11:30 am – 12:30 pm. \$2 per class

Senior Fitness – Afternoon Class: Tue & Thu, 1 – 2 pm. \$2 per class

Draw with Your Eyes, Paint with Your Heart: Instructor, Mark Fletcher. Wed, 1:30 – 4 pm, Aug 26 – Oct 7 (seven weeks). Beginners class that intermediates can also enjoy. \$63 seniors (age 55+); \$77 others. To register, call **891-4016** by Wed, Aug 19.

Watercolor with Eluster: Instructor, Eluster Richardson. Fri, 1:30 – 4:00 pm, Aug 28 – Oct 9 (seven weeks). Skill level: Intermediate. Fee \$63 seniors (age 55+); \$77 others. To register, call **891-4016** by Wed, Aug 19.

Chaires-Capitola ♦ Dorothy C. Spence Community Center, 4768 Chaires Crossroad
Chaires-Capitola Lunch and Learn: Tues, Aug 25 & Sept 23, 10:30 am – 12:30 pm. \$6 per person

Seated Exercise: Tues & Thurs, 9:30 – 10:30 am. \$2 per class

Senior Fitness: Mon, Wed & Fri, 8:30 – 9:30 am. \$2 per class

Fort Braden ♦ Fort Braden Community Center, 16387 Blountstown Hwy
Fort Braden Lunch and Learn: Tues, Aug 18 & Sept 15, 10:30 am – 12:30 pm. \$6 per person

Painting with Oils: Instructor, Robert DeWitt Smith. Thu, 2 – 4:30 pm, Aug 27 – Oct 8 (seven weeks). Some experience with oil painting preferable. Fee \$63 seniors (age 55+); \$77 others. To register, call **891-4016** by Wed, Aug 19.

Senior Fitness: Mon & Wed, 10:30 – 11:30 am. \$2 per class

Lake Jackson ♦ Lake Jackson Community Center, 3840 North Monroe St, Suite 301
Lake Jackson Lunch and Learn: Thurs, Aug 20 & Sept 17, 10:30 am – 12:30 pm. \$6 per person

Mindful Movement: Thurs, 1 – 2 pm. \$2 per class

Canasta, Cards & Games: Tues, 1 – 4 pm. \$1 per class

Acrylic Painting: Instructor, Janice McCaskill. Tues 9:30 – noon, Aug 25 – Oct 6 (seven weeks). Beginners and Continuing Beginners. Fee \$63 seniors (age 55+); \$77 others. To register, call **891-4016** by Tues, Aug 18.

Watercolor Painting: Instructor, Tanya Jones. Mon 1 – 3:30 pm, Sept 14 – Nov 2 (eight weeks). Continuing beginners. Fee \$72 seniors (age 55+); \$88 others. To register, call **891-4016** by Tues, Sept 8.

Miccosukee ♦ Miccosukee Community Center, 13887 Moccasin Gap Rd
Miccosukee Lunch and Learn: Thurs, Aug 6 & Sept 3, 10:30 am – 12:30 pm. \$6 per person

Bus Trip to WalMart: Fri, Aug 7 & Sept 4, 10:00 am – 12:30 pm. \$2 round-trip

Senior Fitness: Tues & Thurs, 11:15 am – 12 noon. \$2 per class

Computer Class at Community Center: Fri, Aug 14, 21 & 28 and Sept 11, 18 & 25, 10 am – noon. \$1 seniors 55+

Woodville ♦ Woodville Community Center, 8000 Old Woodville Rd
Woodville Lunch and Learn: Thurs, Aug 13 & Sept 10, 10:30 am – 12:30 pm. \$6 per person

Senior Fitness: Mon & Wed, 8:30 – 9:30 am. \$2 per class

Calendar

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

GaP Support Lunch

Wednesday, August 26 & September 30, 12 noon – 1:30 pm

Program Room A at the Leon County Public Library, 200 W. Park Avenue

Complimentary lunch provided for grandparents and other relative caregivers. Reservations required for all attending. Call Karen Boebinger at **891-4027** or email

karen.boebinger@talgov.com if you would like more information or to RSVP.

Have Lunch on Us!

Bring someone who
has never attended before to an upcoming Lunch and Learn,
and both of you will enjoy a complimentary meal.
See a staff member when you arrive so we can welcome your guest.



Don't forget to bring a canned good to the next Lunch & Learn.
Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!

UPCOMING ACTIVITIES AT THE TALLAHASSEE SENIOR CENTER

1400 North Monroe Street * Call **891-4000** for more info



Old Armory's 80th Birthday

Friday, Aug 7, 7 - 10 pm
Entertainment by

Pure Platinum

Enjoy fun, food, and
beverages.

Tickets \$20 per person

2015 Active Living Expo

Thursday, Sept 10, 5 - 8 pm

~ light refreshments ~

Friday, Sept 11, 9:30 am – 12:30 pm

~ continental breakfast ~

80+ exhibitors with interactive displays,
demonstrations & health screenings

Door prizes, too!

\$3 for two-day admission



Catch our news electronically

- On Facebook at www.facebook.com/TallahasseeSeniorCenter
- At www.talgov.com/seniors
- At www.leoncountyfl.gov (click on Departments in the left column; then scroll down and click on Senior Outreach, under "Other." The Outreach page has a link to the Senior Gazette in the right column)
- Via our E-newsletter. Call **891-4008** and ask to be on our email list for twice-monthly updates